

EXERCISE

Barbell Back Squat

By Cathal Fanning

- **Description**
- **Coaching Points**
- **Main Muscles Involved**

Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

This exercise is called a barbell back squat. It's a lower body movement, primarily working the quads and the glutes.

Once your client is ready to go, you'll ask them to step forward to the bar, placing their hands onto the bar just outside of shoulder width. Once they're there, they're then going to take one leg underneath the bar and get themselves into a position so that the bar is sitting on their upper back. If your client has long hair, make sure that the hair is either tied up in a high bow or just take the time to bring the hair out from away from the bar so that there's no interaction there.

Once your client has their feet underneath the bar, you're going to ask them then once they're in this position, to set their feet to a comfortable position, usually just outside of shoulder width with the feet, slightly flared at a "10 to 2" position.

Once the client is here, the key points that we need to note is that they start from a nice, tall position, making sure that their sternum and belly button as they go down into the squat, stays in the same position.

Brief pause as we approach the bottom and then driving into our feet as we come up to the top - fully extend.

We want to try and get the hips underneath the bar so that they utilize the glutes.

And repeat for me, Dom.

Brief pause there at the bottom and then driving up.

Make sure that you change your coaching view, so from forward to back and side by side so that you can see all aspects of the client's movement - particularly the knee path, making sure that the knees are tracking nicely over the toes.

One more for me, Dom. Excellent.

And then once they're at the top, they're going to take a step forward, moving into the J hooks, and then stepping down and taking their time as they come out and away from position.

Main Muscles Involved

- Glutes
- Hips
- Lower back
- Quadriceps femoris
- Hamstrings
- Erector spinae